



Dysgu Siarad Oedrannau a Chyfnodau



Llywodraeth Cymru
Welsh Government

Oedrannau a Chyfnodau

6 Mis

Maen eich babi o
gwybod chyfnodau, gan
fodolau chwarae a
hwyl.

Maen eich
chwarae gyda
tymor, bellach
chi'n ddywed cyrra
i'r babilas.

Maen eich
dechrau gweithio
gyda'r chi'n
dewis gofynnau
i chi eu gweud. He
daras i'r chi'n i fyng.

Maen eich dechrau
i gweithio fel cymdeith
mewn iechyd a newid
bwyl.



AWGRYM DA

Sieredwch a'ch babi wrth
newid petiau gyda'ch
gilydd, newid cewymmaw/
chwiliau, bwydo neu wrth
fynd am dro.

Oedrannau a Chyfnodau

1 Oed

Bydd eich babi'n
sgwrs! i chi ac yn
dechrau unmyddio
amblis i'r olygy
byd hwn.

Efallai na fydd eu
steiriau newydd yn
swilio fel gomisi
oeddioni, ond byddwch
yn gwybod beth maen
i'w alygu.

Maen eich gallu
ganeud pentrau syml
os ydych chi'n gofyn
iddynt nhw ac ym
ganeud ystumiau, fel
'rno fe i Mam.

Maen nhw wrth eu
bod i'w eich cymri,
yn agravio'ch byd rydych
chen i'r wneud,
a chwymd hi'n ym
ganeud synhys gyda
chi.



AWGRYM DA

Helpwch eich babi
i wrando dwy ddfiodd
y teledu a sgriniau pan
fyddwch chi'n siarad
a chwarae gyda nhw.

Oedrannau a Chyfnodau

3 Mis oed

Bydd eich plentyn bach yn
dechrau unmyddio mwy o
eiraуй, tua 20 ohony nhw.
Er nad ydun nhw'n swni'o'n
gwbl gywir efallai, rydych chi'n
gwybod beth maen nhw'n
ceisio ei ddweud.

Gallan nhw'n ddod
o hyd i bellau rydych
chi'n gofyn amddaryn
nhw, fel lluniau mewn
llyfr neu deganau
yr ystafell.

Byddan nhw'n
unmyddio llawer o
barabol a geriâu ac
efallai 'n siarad' wrth
chwarae.

Maen nhw'n dechrau
esgus wrth chwarae gyda
phethau, fel dal fôn i'w
clust, neu yfed allan
o gwpan tegor.



AWGRYM DA

Helpwch eich plentyn
i ddysgu geiriau a
brawddegau newydd dwy
ychwanegu galair ar rywibeth
maen nhw'n ddweud. Os
ydyn nhw'n ddweud 'cath'
galwch ddweud 'le, mae'r
gath yn cysgu'!

Oedrannau a Chyfnodau

2 Oed

Maen plant yn
dewis brasdelegau
hirach, fel mae
dy esgaidau di
lan form.

Maen nhw'n
dechrau unmyddio llawer
o eiraуй usgol 50
neo hwy.

Maen nhw'n
dechrau mudiadau
o'i gilydd i greu
brwyddedau, fel sedi
wedi mynd neu u
pobl Daddi.

Efallai y byddan
nhw'n dechrau
muni, ond thwll i
estyn moed i'w
nhw.



AWGRYM DA

Helpwch eich plentyn
i ddysgu geiriau a
brawddegau newydd dwy
ychwanegu galair ar rywibeth
maen nhw'n ddweud. Os
ydyn nhw'n ddweud 'cath'
galwch ddweud 'le, mae'r
gath yn cysgu'!

Oedrannau a Chyfnodau

3 Oed

Mae plant yn
unmyddio brasdelegau
hirach fel 'Dwi wedi
gweld Mam neu Dwi'n
mynd i nol car.'

Efallai y bydd
plant yn baglu
dros eu geriâu ac
yn alfadreddu eu
hunain.

Maen nhw'n
dechrau deall
geriâu cwestiynau
fel 'pwys?', 'beth?' a
'ble?.'

Maen nhw'n
mwynhau chwarae
geiriau gyda phiant
erallt ac yn doil sut
mae cymryd tro.



AWGRYM DA

Rhowch amser i'ch plentyn
siarad a'ch chi. Os ydych chi'n
brysur, dywedwch hynny a
mynd yn ôl atyn nhw pan
fydd gennych fwy o amser i
wrando ac ymuno yn y sgwrs.

Oedrannau a Chyfnodau

4 Oed

Maen hyd yn oed perh
wyd colim yn adroddiwr eich
mherm a'n dor a'n ddelw beth
mwy o amser i'w ddeall. Ffur
a'u ddu a'r ddu a'u ddu a'u
mwy o hyd. Fel yr 'mr. wa
ta', 'mg', 'ch' a ll.

Maen plant yn
gofyn iu a
gyrraedd ym
enwedd ym
pam...?

Maen da plentyn yn
dechrau deall geriâu llawer
mhl ac amser i'w ddeall
tri bys i ml. Rydym nhw'n
mynd fwy.

Maen atebio gallu
unmyddio i'w mentau
i'w ddeall. Wethbych
chi'n aelod mewn
heollog a son ddirbu
sychnant.



AWGRYM DA

Siaradwch a'ch plentyn
am yr hyn maeñ nhw'n ei
wneud yn hytrach na gofyn
pentwr a gwestiynau. Gall
cwesiynau wreud i blentyn
deimlo dan bwysau i siarad.

Oedrannau a Chyfnodau

5 Oed

Gall eich plant ro'r
gorau i'r hyn maeñ
nhw'n ei wneud
a gwrandio arnoch
chi pan fyddwch chi'n
dweud eu henw.

Maen nhw'n deall
brawddegau hir gyda
mwy o wybodol, fel
'chwilia am bensiliau
lliw oren a du'.

Maen nhw'n cael
y rhian fwyaf o'r synau
mewn geriâu iawn, er
hod i'r geriâu hirach
fel 'cyfrifiadur' braidd
yn anodd o hyd.

Maen nhw'n gallu
unmyddio i'w meini sawl
ffordd wahanol, i sôn am eu
teimladau, dárbiwyo eroll
neu anghytuno.



AWGRYM DA

Edrychwch ar lyfrau storï
gyda'ch gilydd a chwarae
am y lluniau. Mae rhannu
lluniau gyda'ch plentyn yn
eu helpu i ddysgu geiriau
newydd.



Learning to Talk Ages and Stages



Llywodraeth Cymru
Welsh Government

Ages and Stages
3 months

Your baby watches your face when you talk to them.

They stay with someone most of the time, like Mummy or Daddy.

They are starting to understand when you say things, like 'Daddy' or 'dog'.

They love smiling and when you hold your face close they say 'booo'.



TOP TIP
Talk to your baby when doing things together, changing nappies, feeding or going out.

Ages and Stages
1 Year

Your baby will 'chat' to you and start to use some words anytime now.

Their new words might not sound like adult words, but you'll know what they mean.

They can do simple things if you ask them and gesture, like 'give it to Mummy'.

They love being with you, watching what you do, and taking turns making noises to each other.



TOP TIP
Help your baby to listen by turning off the TV and screens when you talk and play with them.

Ages and Stages
18 Months

Your toddler will be starting to use more and more words, around 20 of them. Although they may not sound quite right, you know what they mean.

They can find things you ask for, like pictures in a book or toys in the room.

They'll be using lots of babble and words and they may 'talk' when they are playing.

They are starting to pretend as they play with things, like holding a brick to their ear and pretending it's a phone or drinking out of a toy cup.



TOP TIP
Help your toddler learn new words by talking about what you can see. Use the right names for things around them and talk about what they are doing.

Ages and Stages
2 Years

Children understand longer sentences, like 'your shoes are upstairs'.

They are starting to use lots of simple words, 50 or more.

They are starting to put some words together to make sentences, like 'teddy gone' or 'Daddy's ball'.

They might be starting to share, but it's quite hard for them.



TOP TIP
Help your child learn new words and sentences by adding a word to what you have heard them say. If they say 'cat' you can say 'yes, the cat's sleeping'.

Ages and Stages
3 Years

Children are using longer sentences like, 'I saw Nana' or 'I'm gonna get a toy car'.

Children may stumble over their words and repeat themselves.

They are beginning to understand question words like 'who?', 'what?' and 'where?'.

They enjoy playing games with other children and know all about taking turns.



TOP TIP
Give your child time to talk with you. If you are busy, say so and go back to them when you have more time to listen and join in with them.

Ages and Stages
4 Years

What your child says can be understood even by people who don't know them well, but they might still need some sounds heard to make sense, like 'v', 'y', 'lls' and 'ch'.

Children ask lots of questions, especially 'why...?'.

They are beginning to understand colors, numbers and time words, like 'show me three fingers', 'we are going tomorrow'.

They can use their words to tell you about how they are feeling and explain their ideas.



TOP TIP
Talk with your child about what they are doing rather than asking them lots of questions. Questions can make a child feel pressurised to talk.

Ages and Stages
5 Years

Children can stop what they are doing and listen to you when you say their name.

They understand long sentences with more information, like 'find me the orange and black pens'.

They get most of the sounds in words right, although longer words like 'computer' may still be a bit hard.

They can use language in lots of different ways, like to talk about their feelings, to persuade others or to disagree.



TOP TIP
Look at story books together and talk about the pictures. Sharing books with your child helps them to learn new words.



To find out more about how to help your child's talking, go to www.gov.wales/talkwithme. If you have any worries about your child's talking, please contact your child's Health Visitor. For more information about I CAN, please visit www.ican.org.uk.

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